

wear-resistant, moisture-wicking fabric material, which also includes elongate fibres that contribute to shock load distribution.

The various important structural and performance features of the invention will become readily apparent as the description which now follows is read in conjunction with the accompanying drawings.

#### Description of the Drawings

Figure 1 is a simplified plan view illustrating an isolated shoe insole which is constructed in accordance with the present invention.

Figure 2 is an enlarged, fragmentary side elevation taken generally along line 2-2 in Fig. 1.

Figure 3 is a view somewhat like that presented in Fig. 2, generally illustrating how the insole of Figs. 1 and 2 provides anti-spring-like cushioning, and shock-absorbing.

#### Detailed Description of the Invention

Turning now to the drawing figures, the proposed insole structure of this invention is indicated generally at 10. For the purpose of convenience herein, insole 10 is pictured and described in a form wherein it is employable as a free insert for an already constructed shoe. It should be understood, however, that the insole of this invention could easily be incorporated as a part of initial shoe construction.

Insole 10 includes a heat-flowable, anti-spring-back, shock (acceleration)-rate-sensitive cushioning underlayer (or layer) 12, formed preferably of a material such as the microcellular, viscoelastic, urethane material known as PORON® ~~400~~ 4000 Performance